

## Pumpkin Dip

1/3 cup Greek-style yogurt (plain)  
2 ounces light cream cheese (about 1/4 cup)  
1/2 cup mashed butternut squash or canned pumpkin  
1/2 teaspoon pumpkin pie spice  
1 package stevia herbal sweetener or few drops liquid stevia or  
teaspoon of honey

1. Combine all mixing until smooth.
2. Serve with apple or pear slices.

Servings: 8

### HELPFUL HINT

- Add maple flavoring.
- Serve with sliced Gala apples.

### NUTRITION PER SERVING

Serving Size 2 tablespoons

Calories 28

Protein 1.5 g

Carbohydrate\* 2.8 g

(\*no added sugars)

Fiber 0.4 g

Soluble fiber 0.04 g

Fat 1.3 g

Saturated fat 0.8 g

Cholesterol 4 mg

Sodium 29 mg

Potassium 57 mg

Calcium 31 mg

Omega-3 ALA 2 mg

*With permission from Smart 4 Your Heart by Margaret Pfeiffer*

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